

ABSTRACT OF THE DISCLOSURE

In a metal sheet pile, an effective width B [mm], a flange width B_f [mm], a height H [mm] and a geometrical moment of inertia I [cm⁴/m] meet the inequalities $700 \leq B \leq 1,200$; $280 \leq B_f \leq 0.0005 \times B^2 - 0.05 \times B$; and $-0.073 \times B + 0.0043 \times I + 230 \leq H \leq 380$. The metal sheet pile provides a better cross-sectional performance than a background art metal sheet pile.